

# Spicy Steak Fries

Because these spicy potato wedges are baked - not fried - you'll get all the great taste without all the fat.



Just because they're called "fries" doesn't mean they can't be baked. These spicy potato wedges taste great and are low in fat and calories.

## Ingredients:

2 large potatoes  
2 T salt-free spicy seasoning blend\*  
2 T olive oil  
2 garlic cloves, minced

## Preparation:

Wash and cut unpeeled potatoes into wedges. Dry with paper towels. In a large bowl, toss the potatoes with the spices, olive oil and garlic. Spray a baking sheet with cooking spray and lay wedges on sheet. Place potatoes in an oven preheated to 425 degrees F and bake for 20 minutes. Turn them over, spray them lightly with cooking spray, and bake another 15 minutes or until wedges are brown and tender.

*\*Use your imagination and add chili powder, cumin, paprika, onion powder or garlic powder, etc.*

## Nutrition Facts

Yield 4 servings

Amount Per Serving

**Calories** 200

**Fat** 7 g

**Protein** 5 g

**Carbs** 29 g

**Fiber** 3.5 g

**Sodium** 10 mg

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